



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Employee Assistance Program (EAP) Monthly Email - December 2022**



### **Financial Wellness**

Sixty percent of Americans say they feel anxious thinking about their personal finances. Living paycheck-to-paycheck, dealing with unexpected bills, and working to pay down debt are among the top financial stressors and primary reasons why most people

reporting high levels of financial stress say they're distracted at work.

## Improve your financial wellness

If your finances are causing you stress, your Employee Assistance Program (EAP) benefit offers resources and support including:

- Connecting you with information and resources
- Providing financial wellness insights and tips
- Building good financial habits

To learn more about the resources available and to find support, contact the State's EAP today.

## Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

**PHONE: 866-987-3705 | 401-429-2104**



**WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>**

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**Office of Employee Benefits**

One Capitol Hill, 3rd Floor

Providence, RI 02908

[www.employeenefits.ri.gov](http://www.employeenefits.ri.gov)

Phone: (401) 574-8530

Fax: (401) 574-9281